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U. S. DEPARTMENT OF AGRICULTURE
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PRESS SERVICE

WASHINGTON, D. C.

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JULY 13, 1932 (WEDNESDAY)

NOTE TO EDITOR: Three articles about a column: each, giving directions for (1) drying, (2) brining, and (3) canning vegetables will be sent you on request. Please write to the Press Service, Office of Information, U. S. Department of Agriculture, Washington, D. C.

THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all

Every day --	Two to four times a week --
Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	Eggs (especially for children)
A green or yellow vegetable	Lean meat, fish, or poultry or cheese
A fruit or additional vegetable	
Milk for all	

USE OR SAVE ALL FOOD THE GARDEN YIELDS

The preserving season is on. And the Bureau of Home Economics, U. S. Department of Agriculture, advises families that have gardens to let nothing go to waste. Use the fresh vegetables and fruits as they come along, of course, and don't can them just for canning's sake. There is little virtue in hoarding. But put up any perishable things not required for present needs, the bureau urges. Then if there is more on hand than one family needs when winter comes, they may well be shared with homes that are less fortunate.

Nowadays more foods are canned than are preserved in any other way, but housewives who do not have the cans or jars and a steam pressure cooker can fall back upon the oldest, simplest, and cheapest method of food preservation, which, the bureau points out, is drying. Corn, mature beans, peas, celery, and okra, among the vegetables, are easily and satisfactorily dried, as are also apples, pears, apricots, cherries, prunes, and some other fruits. The easiest way to dry vegetables and fruits is to spread them out in the sun, on a shelf, table, or roof, cover them lightly to keep out insects and dust, and let the sun do the rest. This method works in sunny climates, but when it rains the products must be brought indoors or sheltered. An outdoor dryer, very much like a hotbed, which is sheltered from the rain, can be made. Or ventilated shelves over a cookstove or small laundry stove will make an indoor dryer.

"Putting down in brine" used to be more common than it is nowadays, but it is a cheap and useful way of holding for winter use some of the vegetables which are not so successfully canned with the ordinary home equipment. String beans, onions, cauliflower, green peppers, cucumbers, green tomatoes, cabbage-- all these can be brined and used for pickle. The beans and onions can also be cooked (after soaking out the salt) and served in place of fresh vegetables; the green peppers are useful for stuffing; the cabbage makes sauerkraut; the green tomatoes can be used for pie.

In brining vegetables a salt solution may be used, but some vegetables contain enough water to make their own brine when salt is added; and some contain enough sugar to cause fermentation, making an acid brine-- cucumber pickle and sauerkraut, for example. "Pickled corn," however, may result from dry salting without fermentation. The fresh corn is cooked in boiling water for ten minutes, to set the milk. Then it is cut off the cob and packed in layers with one-fourth its weight of fine salt.

There is almost nothing nowadays that can not be canned successfully with the best commercial equipment. But for home canning it is important to consider

vegetables in two classes-- tomatoes (which are really a fruit) and all others. Tomatoes and all fruits, because of their acid, can be put up by the open kettle method, or they can be sterilized in a boiling water-bath, in a steamer, or in an oven equipped with a heat-regulating device or a good thermometer. For non-acid vegetables, however, the Bureau of Home Economics recommends processing (i. e., sterilizing) in a steam pressure cooker only. The housewife, without a pressure canner, will do well, the bureau says, to limit her canning to tomatoes and fruits-- apples, apricots, berries, cherries, currants, gooseberries, peaches, pears, or plums. To prevent spoiling, if canned, and possible food poisoning, if eaten, the non-acid vegetables, such as corn, beans, peas, or greens, must be processed at temperatures around 240° and 250° Fahrenheit, which are higher than can be obtained in the open kettle or waterbath.

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WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE
including two adults and three children

Bread	12 - 16 lbs.
Flour	1 - 2 "
Cereal	4 - 6 "
Whole fresh milk, or	23 - 28 qts.
Evaporated milk	23 - 28 tall cans
Potatoes	15 - 20 lbs.
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 18 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc.	2½ "
Sugar and molasses	3 "
Lean meat, fish, cheese, and eggs	5 - 7 "
Eggs (for children)	8 eggs

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DIRECTIONS

Drying Beans and Peas

Garden peas intended for drying should be gathered when in ideal condition for immediate table use; that is, when the seeds have attained full size and before the pods have begun to turn yellow and dry up. Shell them by placing the pods in boiling water for three minutes, then spread on a wire screen having a mesh large enough to permit the shelled peas to pass through, with a box or basket beneath it. Rub the pods vigorously over the screen with the hands. This will burst and empty

practically all the pods much more quickly than they could be shelled by hand. Then dip the shelled peas for only one to two minutes in boiling water (to which table salt has been added, 2 tablespoonfuls to the gallon), drain, spread to a depth of 3/4 to 1 inch on the trays, and dry at 115° to 120°F. as initial temperature, rising to 140° toward the completion of the drying. Stir occasionally while drying. Properly dried peas will be uniformly dry throughout, showing no moisture near the center when split open.

Wax beans, Lima beans, or mature string beans for drying should be gathered when full grown but before the pods have begun to dry. Shell, blanch five minutes in boiling water with thorough agitation, dry, and spread on trays to a depth of not more than 1 inch. Stir rather frequently in the first hours of drying. Considerable variation in the temperatures employed in drying is permissible, but do not heat the material above 150°F. at the outset.

Brining String Beans

Select white or green stringless beans and remove the tip from each end. Wash the beans well and place them in a 10 per cent or 40° brine. Add salt each day until the reading does not change. When the brine is constant, store the beans in glass jars or earthenware containers, sealing closely with paraffin. After the jars are sealed do not move them, for the liquid will loosen the seal.

The beans can be freshened when needed for pickles or can be used for the table. The cold water method for freshening consists in placing the beans in cold water three times their volume, bringing to simmering point and keeping there for twenty minutes and then allowing to cool in the water. Place in fresh water for a few minutes; the salt is sufficiently extracted and the beans are ready for use.

Canning Tomatoes

Select firm, ripe tomatoes of medium size and uniform shape. Do not use tomatoes which are overripe or which have spotted or decayed places. Put into trays or shallow layers in wire baskets and dip in boiling water for about a minute, according to ripeness. Remove and plunge quickly into cold water for an instant. Drain at once and core and peel promptly. Pack into jars or cans as closely as possible. For home use, fill with a thick tomato sauce or with the juice of other tomatoes. If the tomatoes are to be sold under Federal regulations add only the juice which drains from them during peeling and trimming. Season with 1 teaspoon of salt per quart. Process quart and pint glass jars for 45 minutes in boiling water and No. 2 and No. 3 sanitary or R enameled tin cans for 35 minutes.

Canning Tomato Juice

Select firm, ripe tomatoes, Wash well and drain. Cut into sections. Add a small quantity of water to start cooking and simmer until softened. Stir occasionally to prevent burning. Put through a sieve fine enough to remove seeds. Bring to boiling, put immediately in containers. Add 1 teaspoon salt to each quart of juice. Process quart and pint glass jars five minutes in boiling water.

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WASHINGTON, D. C.

RELEASE FOR PUBLICATION
JULY 20, 1932 (WEDNESDAY)

THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all

Every day --	Two to four times a week --
Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	Eggs (especially for children)
A green or yellow vegetable	Lean meat, fish, or poultry or cheese
A fruit or additional vegetable	
Milk for all	

SAVING TIME AND FUEL ON HOT WEATHER MEALS

How much cooking time, and therefore how much fuel, can a housewife save on hot-weather meals? Without attempting to count the hours or minutes or the dollars and cents, it is safe to say that the saving is worth while, especially to the household that is short of money, and certainly the less the cooking time the cooler for the housewife. It all depends on a wise choice of foods and the right choice of methods of preparing, cooking, and serving.

Use as many as possible of the low-priced vegetables that are good to eat raw, such as carrots, cabbage, turnips, cucumbers, tomatoes, onions, and lettuce. Then, for the vegetables that must be cooked, the top-of-the stove, quick-cooking methods save time and fuel. Anyhow, short cooking is better for most of the fresh vegetables, the specialists advice. Canned foods, too, are time and fuel savers.

But you want something hot, you say, at least for dinner, even in hot

weather. Try some of the soups and chowders. In this way you cook everything at once, almost a whole meal in one dish, in half an hour or less. A half hour is time enough for fish chowder, corn chowder, or cream of vegetable soup, any one of which, plus a raw salad or a fruit dessert, makes a very agreeable meal for a summer day, and a most inexpensive one. Then there is a good quick turnip soup, and cream of spinach soup which also is quick and easy.

The cheapest cuts of meat, if used for stews, do not consume much fuel because cooked on top of the stove. But with meats at their present low prices, and if there is a refrigerator in which to keep the left-over meat, it may prove both practical and economical to make the outlay for a 5-pound leg of lamb, or shoulder of pork, or a 10-pound ham, on the first cool day of the week, and cook it, some for immediate use and the rest for cold cuts or salads for two or three days to come.

Then too, there is ground meat, especially broiled ground beef, either as hamburg patties or on toast, and neither of these takes much time to cook. The meat should be freshly ground when bought, and should be cooked as soon as possible, unless there is a refrigerator in which to keep it.

The fresh summer vegetables and all of the canned vegetables should be cooked quickly, say the specialists of the Bureau of Home Economics, to preserve their food values to the utmost. String beans, with tips and strings removed, then cut into small pieces and dropped into boiling salted water, will be tender in 15 to 30 minutes, Five-minute cabbage, cooked in milk and thickened, retains its crispness, its fresh color, and is delicate in flavor with just this short cooking.

Salads, of course, made either of raw vegetables or fruits, or of cold cooked vegetables left over from the day before, are something for the cook to depend upon in hot weather especially. Cottage cheese, as salad, or "just plain so", is another standby. With a refrigerator, the salads can be varied by using gel-

atin now and then, making tomato jelly, jellied vegetable or jellied salmon or tuna fish salad.

The simplest desserts at any time are fresh fruits in season, or canned fruits. But there is a quick blueberry pudding that is easy to make. And a butterscotch pudding that can be made with less than half an hour's cooking. And junket, which needs a cool place but not necessarily a refrigerator. Peach short cake, now the peach season is here, is one of the choice desserts that does not take long to cook.

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including two adults and three children

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Cereal	4 - 6 "
Whole fresh milk, or	23 - 28 qts.
Evaporated milk	23 - 28 tall cans
Potatoes	15 - 20 lbs.
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruit	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 18 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc.	$2\frac{1}{2}$ "
Sugar and molasses	3 "
Lean meat, fish, cheese, and eggs	5 - 7 "
Eggs (for children)	8 eggs

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MENU FOR ONE DAY

Breakfast

Rice cooked in Milk - Toast
Orange juice or tomato juice for the baby
Coffee (adults) -- Milk (children)

Dinner

Fish Chowder - Crackers
Cabbage and Tomato Salad
Quick Blueberry Pudding
Milk for all

Supper

Cottage Cheese
Crisp Toast
Fruit (fresh or canned)
Milk for children

RECIPES

Fish Chowder

$1\frac{1}{2}$ pounds fresh cod, haddock, or any other large fish
2 cups diced potatoes
1 cup diced carrots
1 quart water
$\frac{1}{4}$ pound salt pork, diced
1 onion, chopped
2 tablespoons flour
1 pint milk
Salt
Pepper

Cut the fish into small pieces and remove the bones and skin. Cook fish, potatoes, and carrots in the water for 15 minutes. Fry the salt pork until crisp, remove from the fat, cook the onion in the fat for a few minutes, add the flour, stir until well blended, and add the milk. Combine this mixture with the fish and vegetables, add the salt and pepper, stir frequently, and simmer for 10 minutes longer. Use more seasoning if necessary and serve over crackers.

Quick Blueberry Pudding

1 quart blueberries
1 cup sugar
1/2 cup water
1/2 teaspoon salt
2 cups soft bread crumbs
2 tablespoons melted butter
1 tablespoon lemon juice, if desired

Pick over the berries, wash, drain, mix with the sugar, water, and salt, and boil for 5 minutes. Combine the bread crumbs and butter, add to the hot fruit, stir until well mixed, and let stand on the back of the stove for about 30 minutes, but do not let the pudding cook. Add the lemon juice and serve the pudding while still warm.

Peach Short Cake

2 cups sifted flour
3/4 teaspoon salt
4 teaspoons baking powder
1 tablespoon sugar
4 tablespoons fat
3/4 cup milk or enough to make a soft dough
1 quart sliced peaches

Mix and sift the dry ingredients. Cut in the shortening with a biscuit cutter or rub in lightly with the finger tips. Make a well out of the flour mixture, add the milk gradually and stir from the center with a fork until a soft dough is formed. Knead very lightly until the dough is well mixed. Pat with the palm of the hand until about 1/2 inch thick. Cut with a large biscuit cutter. Bake in a moderately hot oven (about 375°F. to 400°F.) for 12 to 15 minutes or until light brown. While hot, split and butter. Place the sliced peaches, sweetened to taste, between and over the biscuit and serve at once while the biscuit is still warm.

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WASHINGTON, D. C.

RELEASE FOR PUBLICATION
JULY 27, 1932 (WEDNESDAY)

THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture.

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A fruit or additional vegetable	
Milk for all	

WATCH FOR VEGETABLE BARGAINS NOW

From now on through the summer, advise the market specialists of the U. S. Department of Agriculture, fresh garden produce will be found in plentiful supply in almost every community. The long-distance shipping season for many of the fruits and vegetables is over, the home-grown product is coming in.

That means to the housewife, says the Bureau of Home Economics -- especially to the housewife who must run her table on meager funds -- an opportunity to provide her family with more and at the same time cheaper fresh vegetables, probably, than she has been able to buy for many years.

Tomatoes, snap beans, onions, potatoes, beets, carrots, sweet corn, egg plant -- in vegetable crops no part of the country is "off" this year. All sections are producing and the home-grown supply is large. It is large because

the yield is normal, and because there are more home gardens this year than usual.

Potatoes are cheap. There have been plenty of old potatoes, and a plentiful yield is now coming from all the mid-season potato-producing areas. This means that one of the almost daily necessities of life will be plentiful. They cost now as little as 1 or 2 cents a pound in some localities.

The onion crop, which last year fell unusually short, is plentiful this year, and the prices have already dropped to 3 or 4 cents instead of the 10 to 12 cents of last winter and early spring.

Tomatoes, delicious homegrown tomatoes, ripened on the vine, important food for babies as well as for all the other members of the family, are coming to local markets in great abundance and at prices as low or lower than 4 to 7 cnets a pound. Tomatoes are considered cheap at a dollar a bushel or less, and many localities will doubtless see low prices. To the housewife who buys them in quantity for table use, the bureau offers the reminder that the best buy is the basket in which there are tomatoes in varying stages of ripening, the ripest to be used first, the others as they reach the proper stage.

Then watermelons. Abundant, cheap, refreshing, and nutritious. Yes, nutritious. It has been found, in recent years, that the juicy red melon pulp contains a good supply of two of the most important vitamins, A and C. Thus, when oranges and grapefruits are out of season, watermelons may be used to supply some part of the family's vitamin requirements. And watermelon rind, of course, must not be overlooked. Though not eaten raw, and not remarkable for its nutrients, it comes into its own popularity when made into the delicious preserves and sweet pickle which liven up many a winter meal.

Early apples will be plentiful, according to the market specialists. But the Georgia peach crop this year is very light. Only 2500 carloads to ship instead of the bumper crop of 12,000 cars last year, and North Carolina shipping this year only 3000 carloads. California, with a heavy crop of yellow clings, finds the east-

ern price too low to cover cost of shipment, and canning costs too great for the selling price of the canned product. So it is with cherries in New York State. Many of these will probably go to waste.

Watch your local markets for vegetable bargains. From now on is the time.

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Sugar and molasses	3 "
Lean meat, fish, cheese, and eggs	5 - 7 "
Eggs (for children)	8 eggs

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MENU FOR ONE DAY

Breakfast

Tomato Juice for youngest children
Hot Cereal - Toast
Coffee (adults) - Milk (children)

Dinner

Shredded Snap Beans and Pork
New Potatoes
Whole Wheat Bread and Butter
Watermelon
Milk for all

Supper

Fried Tomatoes
Macaroni with cheese sauce
(white sauce with grated cheese)
Iced Tea
Milk for children

RECIPES

Shredded Snap Beans and Fresh Pork

2 tablespoons butter or meat drippings
1 quart shredded snap beans
1 teaspoon salt
1 pint shredded cooked pork

Melt the fat in a heavy skillet, add the beans and salt, cover, and cook for 20 to 25 minutes, turning the beans frequently. Add the pork, stir until well mixed with the beans, and cook for about 5 minutes longer, until the meat is thoroughly heated. Serve on buttered toast. The beans should be young and tender when this method of cooking is used.

Baked Stuffed Cucumbers

4 large cucumbers
2 tablespoons chopped onion
2 tablespoons chopped parsley
4 tablespoons butter or other fat
1 cup bread crumbs
1 cup tomato pulp
1 teaspoon salt
Pepper

Wash and pare the cucumbers and cut them in half lengthwise. Scoop out as much of the seed portion as possible without breaking the fleshy part, parboil the cucumber shells in lightly salted water for 10 minutes, and drain. Meanwhile cook the onion and parsley in the fat, add the other ingredients and the cucumber pulp, and cook this mixture for 5 minutes. Fill the cucumber shells with the hot stuffing, place in a shallow baking dish, add a little water to keep them from sticking, and bake in a moderate oven for 15 minutes, or until the stuffing has browned on top. Serve in the baking dish.

Fried Tomatoes

6 or 8 firm tomatoes
1 egg
1 tablespoon cold water
Finely sifted bread crumbs
Salt and pepper
1 tablespoon chopped parsley

Wash the tomatoes, remove a thin piece from the stem end, and cut the tomatoes into slices about one-half inch thick. Beak the egg slightly, add water, dip the tomatoes in this, and roll in the bread crumbs, which have been seasoned to taste with salt and pepper. Allow the coated tomatoes to dry out somewhat before frying. Heat fat in a heavy skillet, place the coated tomatoes in the hot fat, brown on one side, then turn carefully, and reduce the temperature so that the tomatoes will have sufficient time to cook before browning. Lift from the skillet to a hot platter, garnish with chopped parsley, and serve at once.

Watermelon Pickle

4 pounds watermelon rind
Limewater made with 2 quarts cold water and 2 tablespoons lime
2 quarts vinegar
1 pint water
4½ pounds granulated sugar
2 tablespoons whole allspice
2 tablespoons whole cloves
10 small pieces stick cinnamon

Select rind from a firm, not overripe melon, and before weighing trim off green skin and pink flesh. Cut in inch cubes and soak for 2½ hours in the limewater. Drain, cover with fresh water, cook for 1½ hours, or until tender, and add more water as it boils off. Let stand overnight in this same water, and next morning drain. Bring to the boiling point the vinegar, 1 pint of water, sugar, and spices tied loosely in cheesecloth. Add the drained watermelon, and boil gently for 2 hours, or until the sirup is fairly thick. Remove the spice bag, pack the watermelon pickle in sterilized glass jars, seal air-tight, and store in a cool place.

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